

Meals on Wheels San Diego County		County Entrée Meal #1				Meal Center Copy: November 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Beverage choice: Milk, soymilk, juice, or bottled water. Menu subject to change.				1 Chicken Cordon Blue over Brown Rice California Blend Veggies Corn	2 Swiss Steak w/Gravy Sweet Potato Collard Greens	3 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	
4 Macaroni & Meat Casserole Succotash Broccoli	5 Chicken Fettuccini in Alfredo Sauce Peas Carrots	6 Beef Burgundy Mashed Potatoes Carrots	7 Swiss Steak w/Gravy Sweet Potato Collard Greens	8 Cheese Cannelloni Kidney Beans Italian Green Beans	9 Swedish Meatballs over Egg Noodles Mixed Vegetables Lima Beans	10 Chicken & Gravy over Mixed Rice Spinach Apple Betty	
11 Pasta Shells & Meat Sauce Italian Blend Veg Corn	12 Teriyaki Chicken over Brown Rice Peas Creamed Corn	13 Spaghetti & Meat Sauce Peas Asian Blend Veg	14 Chicken Fettuccini in Alfredo Sauce Peas Carrots	15 Beef Burgundy Mashed Potatoes Carrots	16 Salisbury Steak & Gravy Potatoes O'Brien Black Eyed Peas	17 Macaroni & Meat Casserole Succotash Broccoli	
18 Swiss Steak w/Gravy Sweet Potato Collard Greens	19 Pasta Shells & Meat Sauce Italian Blend Veg Corn	20 Sweet & Sour Chicken Chicken over Brown Rice Asian Blend Veg Peas	21 Chicken Cordon Blue over Brown Rice California Blend Veggies Corn	22 Beef Burgundy Mashed Potatoes Carrots	23 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	24 Chicken Breast in Green Chili Cream Sauce over Brn Rice Refried Beans Chuckwagon Corn	
25 Chicken Chow Mein over Brown Rice Asian Blend Veg Corn	26 Turkey & Gravy Spinach Mashed Potatoes	27 Beef Burgundy Mashed Potatoes Carrots	28 *Turkey Breast and Gravy over Stuffing Sweet Potatoes Peas and Carrots Pumpkin Pie	29 Chicken Fettuccini in Alfredo Sauce Peas Carrots	30 Cheese Cannelloni Kidney Beans Italian Green Beans		

The requested donation for each meal is \$3.00. Your contribution is purely voluntary. You will not be denied a meal if you choose not to contribute. Please call (760) 736-9900 if you have any questions. This nutrition program is supported in part by the County of San Diego, Aging & Independent Services. All meals also include fruit of the day and a roll.

*The meal contains greater than 1000 mg of sodium